

10 hurt as cops disperse protest rallies in QC

By Joseph L. ...

... and ...

The rally failed to dampen the fire of various militant groups which had gathered on the street leading to the ...

Several rows where some persons, particularly members of the militant groups ...

"We expected, but the police would not have any of it and they started firing so we had no ...

... said ...

Others ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...



MILITANTS armed with bamboo sticks plan a rally in front of President Macapagal Arroyo's ...



... said ...



(Above) ...



(Right) ...



... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

... said ...

AT THE CENTER

| | |
|---|---|
| OLORIETTA OLORIETTA For more info: 02-863-1234 | AYALA CENTER AYALA CENTER For more info: 02-863-1234 |
|---|---|

ENTERTAINMENT LIVE!

| | |
|---|---|
| OLORIETTA OLORIETTA For more info: 02-863-1234 | AYALA CENTER AYALA CENTER For more info: 02-863-1234 |
|---|---|

CHRISTIAN BASTISTA - The Way You Look At Me
July 27 - 9 PM

TRADE HALL FOR EXHIBITS, EVENTS AND MORE!
For inquiries and bookings please call 721-0000-1034

AYALA CINEMAS

| ATC | G1 | G4 | GB2 | ACC |
|------------|------------|------------|------------|------------|
| 1. 1.00000 | 1. 1.00000 | 1. 1.00000 | 1. 1.00000 | 1. 1.00000 |
| 2. 1.00000 | 2. 1.00000 | 2. 1.00000 | 2. 1.00000 | 2. 1.00000 |
| 3. 1.00000 | 3. 1.00000 | 3. 1.00000 | 3. 1.00000 | 3. 1.00000 |
| 4. 1.00000 | 4. 1.00000 | 4. 1.00000 | 4. 1.00000 | 4. 1.00000 |
| 5. 1.00000 | 5. 1.00000 | 5. 1.00000 | 5. 1.00000 | 5. 1.00000 |

Experience it best when you watch
CATWOMAN
at AYALA CINEMAS

- Let our exclusive **IMPASS** Ticketless System help you guarantee the best seats in the house.
- Ayala Cinema's **IMAX** technology puts you into the center of the action in a way no ordinary theater can, drawing you in with images & sounds that are so intense you can almost feel them!
- And the exceptional entertainment doesn't stop there!
- FREE** Exclusive **CATWOMAN** Collectible Cards at all Ayala Cinemas!
- 10% OFF** at participating Plaza Food Restaurants.
- 50% OFF** for a one (1) hour play at Timexes for groups of four (4) or more. Valid in Gloria 1, Gloria 2, Greenbelt 2, Alabang Town Center & Ayala Center Cebu.

| AYALA CINEMAS' CATWOMAN SCHEDULES FOR JULY 28 ONLY | |
|--|--|
| ALABANG TOWN CENTER Screening Time: 12:00 PM, 2:30 PM, 5:00 PM, 7:30 PM, 9:30 PM | GREENBELT 2 Screening Time: 12:00 PM, 2:30 PM, 5:00 PM, 7:30 PM, 9:30 PM |
| GLORIA 1 Screening Time: 12:00 PM, 2:30 PM, 5:00 PM, 7:30 PM, 9:30 PM | GLORIA 2 Screening Time: 12:00 PM, 2:30 PM, 5:00 PM, 7:30 PM, 9:30 PM |
| IMAX Screening Time: 12:00 PM, 2:30 PM, 5:00 PM, 7:30 PM, 9:30 PM | IMAX Screening Time: 12:00 PM, 2:30 PM, 5:00 PM, 7:30 PM, 9:30 PM |

Schedules are subject to change without notice. **MPAA Rating: General Patronage**
OPENS TOMORROW AT ALL AYALA CINEMAS

HALLE BERRY
in
CATWOMAN

AYALA MALLS
Loveemall!

ENTERTAINMENT

Best Feedback: Inquirer on online magazines in Cebu (United in Cebu) 2004

Editor: Lina C. Camero

Anabel: I gave Ruffa-Yilmaz marriage 1 year to last

7 SINS OF
THE FIRST ANNIVERSARY CELEBRATION

GLUTTONY
Red Box Rave
Features: i am super



By Nico Velasco

ANABEL knows what she had given the last stage of her daughter, Ruffa Yilmaz, and she's not about to let her go. Anabel, who is now 30, says she is not about to let her go.

"I never expected them to stay together this long," Anabel said. "I have seen them falling in love. I thought their marriage would not last this long."

Ruffa, 30, and her husband, Ruffa Yilmaz, have a daughter, Lina Yilmaz, who will turn a year old this August. They were married in a lavish wedding ceremony at The Ritz in August 2003, on March 20, 2003.

Ruffa Yilmaz and Yilmaz are extremely popular people. Some call them "The Yilmazs."

"Ruffa would be jealous when she imagines to be with me," Anabel said. "I would be jealous when I imagine to be with her."

Anabel said her daughter sometimes gets physical with Yilmaz, but she never lifted her hand against her daughter.

"I would want to see her, but I would not want to see her with me," Anabel said. "I would want to be with her, but I would not want to be with her."

Ruffa Yilmaz and Yilmaz are both very popular people. Some call them "The Yilmazs."

Charges, counter charges
Anabel admitted that Ruffa got mad at her recently when she learned about her mother's relationship with her ex-boyfriend.

"I am really so proud," said Anabel. "Ruffa got mad at me when she learned about her mother's relationship with her ex-boyfriend."

Anabel said that Ruffa got mad at her recently when she learned about her mother's relationship with her ex-boyfriend.

WRATH
Screening Time: 12:00 PM, 2:30 PM, 5:00 PM, 7:30 PM, 9:30 PM

SLOTH
Screening Time: 12:00 PM, 2:30 PM, 5:00 PM, 7:30 PM, 9:30 PM

LUST
Screening Time: 12:00 PM, 2:30 PM, 5:00 PM, 7:30 PM, 9:30 PM

VANITY
Screening Time: 12:00 PM, 2:30 PM, 5:00 PM, 7:30 PM, 9:30 PM

GREED
Screening Time: 12:00 PM, 2:30 PM, 5:00 PM, 7:30 PM, 9:30 PM

MPAA Rating: General Patronage
Screening Time: 12:00 PM, 2:30 PM, 5:00 PM, 7:30 PM, 9:30 PM

GARY VALENZANO
THANKFUL
an inspirational concert
AUGUST 6, 2004 (8PM) MANILA COLLEGE

THANKFUL
an inspirational concert
AUGUST 6, 2004 (8PM) MANILA COLLEGE

Armstrong faces hard choice: To quit or not

WASH.—Like all cycling greats before him, Lance Armstrong faces one of the toughest choices in the sport: Should he quit or accept a medal of his Tour de France victory without admitting he used performance-enhancing drugs? The choice is a hard one, says the sport's most successful rider, who has won seven Tour titles.

"I'd usually prefer to quit," he says. "I'd rather quit than live with the guilt of having won the Tour de France without admitting I used performance-enhancing drugs." But he's not sure he can quit. "I'd rather quit than live with the guilt of having won the Tour de France without admitting I used performance-enhancing drugs," he says. "I'd rather quit than live with the guilt of having won the Tour de France without admitting I used performance-enhancing drugs."

"I'd rather quit than live with the guilt of having won the Tour de France without admitting I used performance-enhancing drugs," he says. "I'd rather quit than live with the guilt of having won the Tour de France without admitting I used performance-enhancing drugs."

By [Name], [Location]



NEW INSPIRATION Armstrong, who finished his 10th Tour de France last year, talks to his girlfriend American singer Sheryl Crow near the podium.

Lance rides into history

WASH.—Lance Armstrong clinched his place in history Sunday by winning the Tour de France for a record sixth time, an achievement that cemented the cancer survivor as one of the greatest sportsmen of all time.

The 34-year-old cyclist won the 100th Tour de France, a feat that cemented his place in history. Armstrong's victory was a testament to his resilience and determination. He had fought cancer twice, and his recovery was a long and difficult journey. His victory in the Tour de France was a triumph over adversity.

Armstrong's victory was a testament to his resilience and determination. He had fought cancer twice, and his recovery was a long and difficult journey. His victory in the Tour de France was a triumph over adversity.

Roddick rips Kiefer, retains RCA crown

NEW YORK—Andy Roddick of the United States used his skill and power to defeat Kiefer of Germany 6-2, 6-3, 6-4, to retain the RCA tennis title.

Roddick's victory was a testament to his skill and power. He had fought Kiefer in a tough match, and his victory was a triumph over adversity.

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

Tougher grind for Enduro San Mig 2nd leg

WASH.—Gravel road racing is a tough sport, and the 2nd leg of the Enduro San Mig is no exception. The race is a grueling test of endurance and skill.

The race is a grueling test of endurance and skill. It is a challenge for all who participate, and the winners are those who are able to endure the toughest conditions.

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

Armstrong's victory was a testament to his resilience and determination. He had fought cancer twice, and his recovery was a long and difficult journey. His victory in the Tour de France was a triumph over adversity.

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]



HIGH GROUND—Adventures triathlete Scott Brundage (right) and his partner, triathlete Scott Brundage, are seen riding their triathlon bikes on a paved road.

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

Unbelieving Davenport makes it back to back

LOS ANGELES—Third seed Lindsay Davenport made it back to back with her title of the year and her title of the year, a feat that cemented her place in history.

Davenport's victory was a testament to her skill and power. She had fought in a tough match, and her victory was a triumph over adversity.

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

Hot, hot Schumi equals record

WASH.—Michael Schumacher of Germany won the Formula 1 race at the United States Grand Prix, equalling his own record of 11 wins in the series.

Schumacher's victory was a testament to his skill and power. He had fought in a tough race, and his victory was a triumph over adversity.

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

Schumacher's victory was a testament to his skill and power. He had fought in a tough race, and his victory was a triumph over adversity.

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

Schumacher's victory was a testament to his skill and power. He had fought in a tough race, and his victory was a triumph over adversity.

By [Name], [Location]

By [Name], [Location]

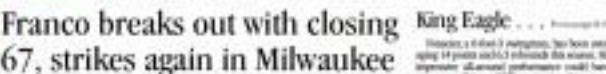
By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]



FRANCO BREAKS OUT—Franco Pineda of the United States won the Formula 1 race at the United States Grand Prix, equalling his own record of 11 wins in the series.

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

Kang Eagle

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

By [Name], [Location]

PEPPER **15**

Ultron

The Ultimate Machine from Engine Garage from Pepper.

www.pepper.com.ph Tel: 02-553 1000

TUESDAY
JULY 27, 2004

PHILIPPINE DAILY INQUIRER



BUSINESS

Read Feedback required for news/Opinion page in EBF (ENR) or PFI (Sund)

Contact us: business@inquirer.com.ph
feedback@inquirer.com.ph
 Editor Paul G. Mariano
 Assistant Editor Corrie S. Mariano

DELL

Processors: Intel®
 RAM: Up to 4GB
 Hard Drives: Up to 1TB
 Operating Systems: Windows XP

INTEGRATED COMPUTER SYSTEMS, INC.
 Tel: 727-0881 www.ics.com.ph

GMA signs EO raising oil taxes

CURRENCIES
 PPHS: US\$140.00/100P

STOCK MARKET

Stocks drop on poor Q2 corporate results

STOCK MARKET

Stocks drop on poor Q2 corporate results

STOCKS led by...
 (text describing stock market trends)

STOCKS led by...
 (text describing stock market trends)

By Adeloid L. No

PRESIDENT Macapagal-Arroyo signed Friday an executive order increasing the LAROL on crude and refined petroleum products to 3 percent from 2 percent.

However, the order has the...
 (text describing the order's impact on the economy)

He said that the department of energy and of trade and industry and the National Economic and Development Authority were...
 (text describing the government's stance on oil prices)

...to be implemented, would result in...
 (text discussing the potential effects of the oil tax increase)

implemented, would result in

...to be implemented, would result in...
 (text discussing the potential effects of the oil tax increase)

The total additional proceeds...
 (text discussing the revenue generated by the oil tax increase)

Ecozone exports jump 19% to \$15.3B

By Ronald W. Dominguez

...export earnings from the...
 (text discussing Ecozone's export performance)

FIRST 6 MONTHS Meralco posts P1.4-B profit

DECREASED electricity consumption by power-generating companies resulted, Manila Electric Co. to post a P1.4-billion profit for the first six months of the year.

The company's biggest electricity distributor and its customer service...
 (text discussing Meralco's financial performance)

...the company's biggest electricity distributor...
 (text discussing Meralco's financial performance)

The company's biggest electricity distributor...
 (text discussing Meralco's financial performance)

BUSINESS

6 Japan firms vying for PNOC-EDC deals

By Abigail L. Ho

SIX JAPANESE suppliers are vying for 5.9-billion yen (about P3 billion) worth of wind power project contracts that involve the construction of a 40-megawatt (MW) wind farm facility and a 42-kilometer transmission line.

Philippine National Oil Co.-Energy Development Corp. (PNOC-EDC) deemed these six firms qualified to bid for the first phase of the Northern Luzon Wind Power Project (NLWPP) in Burgos, Ilocos Norte.

Four of these companies, all joint ventures, will bid for the wind farm component of the project. They are Itochu Corp. and Neg Micon, Sumitomo Corp. and GE Wind, Marubeni Corp. and Mitsubishi Heavy Industries and Kanematsu Corp. with Nordex.

The winning joint venture will construct a 40-MW wind farm and other related facilities on the site.

For the transmission lines' turnkey contract, the bidders are Sumitomo Corp. and Marubeni Corp.

This contract involves the construction of a 42-km transmission line connecting the wind farm facility to the National Transmission Corp. substation in Laoag, as well as the establishment of a switchyard at the site.

Interconnection works at the Laoag substation to accommodate the NLWPP will also be undertaken by the winning bidder.

The bidders are expected to submit their offers in October, with the winners to be awarded their respective contracts by the first quarter of 2005. Construction will start immediately after.

The two contracts form the first phase of PNOC-EDC's 120-MW NLWPP which is envisioned to be Southeast Asia's biggest commercial wind farm.

This phase is funded by the Japanese government under a special yen loan that amounts to almost 5.9 billion yen.

PRESCRIPTIONS

Preventing a power crisis

By Francisco L. Viray

(2nd of a series)

THE PHILIPPINES still has time, albeit a short one (between 3-and-a-half and 4-and-a-half years), to prevent a power crisis and runaway budget deficit, as well as provide long-term solutions to high costs of electricity. Looking at these three enormous problems, it seems like solving one does not mean solving the others. The only holistic solution is to really implement the Epira (Electric Power Industry Reform Act) as it was envisioned, creating a truly competitive power industry. But this time around, there is no room for deviations. Any further delay will result, unfortunately, in only diesel and gas-turbine plants using expensive bunker oil and diesel fuel as the only solution to avert a shortage again. This will surely result in higher electricity costs, something the consumers have been so publicly fretful about.

Several steps have to be taken to ensure the success of the Epira and hopefully, mitigate, if not avert, the looming power crisis. Topping the list is for the government to launch a massive information campaign about the Epira.

It is of utmost importance to make the public understand what Epira's vision is all about, that is, to ensure the supply of quality, reliable and affordable electricity through a privatized and competitive power industry.

Private sector investments

Having almost no other option to avert a power crisis, it seems there is no alternative but to entice the private sector to again invest in the industry. By all means, let us be circumspect and prudent in our contracts and dealings with the private sector but it will not help us a bit if we continue demonizing them.

To prevent shortages, investments in new capacities must happen. Those investing in new capacities will have to take the risks on demand growth, something which the government used to do under a regulated environment. To mitigate this risk, investors will have to rely on their competitiveness to sell through the Wholesale Electricity Spot Market (WESM), and/or work on bilateral contracts.

Without any of the two, no investments will come in and the government will have to invoke Sec. 71 so it can build the new capacities and take the risk again on demand growth. The danger is that the government will continue to borrow, exacerbating its debt situation and pushing the country to the brink of a debt crisis.

Spot market, privatization

The role of WESM in a competitive environment cannot be undermined. While it is expected to account for a minimum of 10 percent of the supply, it is an indicator of the short-term market price for electricity. In effect, it gives the market signals and aids the industry players in their planning and future investments. WESM will provide the primary signal for the private sector to build new merchant power plants, which will only be built in a developing country like ours if the political and regulatory regime is clear, predictable and stable. WESM must have that predictability and stability.

The privatization of National Power Corp. still hangs in the air. Recent developments show National Transmission Corp. or Transco may not be privatized ahead of the generating assets, after all. Up to now, Transco has not attracted many serious bids even if it posted a profit of P15 billion in 2003. It is high time for the government to consider other models of privatization for Transco other than the "concessionaire" model. Equity privatization of up to 40 percent with a strategic partner can be the viable alternative model.

With artificially low generation rates, the privatization of Napocor's generating assets cannot get off the ground unless the government will take a loss on the sale. This is something the government cannot afford right now.

Napocor's and PSALM's recent decision to

petition for a P1.87/kWh increase in power rate will need a lot of political will especially from the Energy Regulatory Commission and unwavering support from the national and local government leaders, but it is a step in the right direction if privatization has to succeed.

Privatization must be accelerated because true competition cannot happen even with the WESM if the government continues to dominate the generation sector as Napocor will have an "illegal monopoly." Why? Because it can unreasonably lower its rates as it is subsidized by the government. Predatory pricing by

the government is a threat to competition. Operating at a loss is acceptable to the politicians as long as populist poli-

cies satisfy voters. Taxpayers pick up the tab anyway. Definitely, privatizing Napocor will free the government from further sinking into a mire of debts. At the very least, this will stop the hemorrhage of the government coffers.

Race against time

Thus, WESM and privatization must happen just in time to give enough lead-time for new investments. For example, if it takes three years to build a plant and the shortages will occur in 2008, WESM and privatization must happen no later than end 2004.

Moreover, it must be noted that the WESM will not work if there are shortages. The WESM only works in a period of excess capacity. Considering that shortages are expected to happen in less than four years, the WESM must already be successfully in commercial operations soon, to encourage the private sector to invest in the needed additional power requirements. So, it is truly a race against time. In fact, if it takes more than three years to build a power plant, there is really no time left to spare.

While the WESM is an important feature to ensure competition, bilateral contracts reduce the risks of private sector investments and play a very important role in stabilizing power rates. But the prevailing artificially low rates of Napocor, used as the basis or benchmark for the transition supply contracts (TSCs) mandated under the Epira, do not encourage new investments in generation. This is because it prevents private distribution utilities (DUs) and rural electric cooperatives (RECs) from contracting prices above the subsidized TSC rates. Ironically, the TSCs are supposed to help entice bidders for Napocor's privatization. Thus, increasing Napocor rates to market levels will undo this bottleneck and allow the flow of new investments in generation.

Cross-subsidy removal

Another important feature of the Epira is the cross-subsidy removal. This is very important as it will make rate-setting transparent and reflective of the true cost of power, thereby promoting fair competition.

Subsidies indirectly favor the more affluent residential consumers. The more one consumes, the more subsidy he gets. The irony about it is that residential customers with large consumption are being subsidized by both the government and industries but the subsidy comes at the expense of vital sectors such as education, health, nutrition and social services. It also sacrifices the competitiveness of our industries.

Some sectors of society still need some government support, subsidies can still be given but in a more transparent manner and only to the low-income group. This can be done by identifying them separately from the tariff as a line item surcharge or an electricity tax added to the electricity bill like the universal charge. Doing it this way really supports the poor and clearly shows how much the government is willing to subsidize.

The universal charge covers missionary electrification and addresses subsidy requirements for electricity infrastructures (not for consumption) of remote islands and barangays. (To be continued)

(The author is former president of Napocor and energy secretary/Napocor chair)

COMMENTARY

NEW metronsexual
east-haves /C3

LIFE STYLE

For feedback, e-mail us at life@pdi.com.ph
Best Feedback Wins! We award \$100 to the
best e-mail or letter to the editor.

Editor: Chelsa Bernal-Fernandez

MONDAY ARTS • TUESDAY FITNESS • WEDNESDAY 180 • THURSDAY FOOD • FRIDAY HOME & FASHION • SUNDAY SURPRISES



SPORTS commentator Anthony Santos wearing Suunto®; Suunto manager for Asia Pacific
Tina Polanco wearing Suunto; CEO of Suunto, a representative of a Finnish and Asian
Gustav Gumpert wearing Suunto

Suunto, maker of navigational equipment for Finnish troops in World War II, now produces sophisticated sports watches

**DIABETES?
GO NATURAL!**
with **Ampalaya** Plus

For the Diabetes, Ampalaya Plus is the natural solution. It is a natural product that is safe and effective. It is a natural product that is safe and effective. It is a natural product that is safe and effective.

It is a natural product that is safe and effective. It is a natural product that is safe and effective. It is a natural product that is safe and effective.

Be in the Circle of the Stars

• ENJOY
• BEAT THE
• BEAT THE
• BEAT THE

Dr. Paul Moody

Be in the Circle of the Stars

A computer on your wrist

By Gheche V. Moral

SERIOUS athletes know better than to leave the progress of their performance to chance. That's why, to them, having the most technologically advanced gadget counts just as much as good training.

Calling, calling, mountaineering and hiking enthusiasts would be glad to know Suunto's "ultra-computers" are now available to call. Watch modeler Tina Polanco introduced us to the Suunto to see its Suunto introduced by Suunto manager for Asia Pacific, Tina Polanco.

Suunto, which started by making computers and navigational equipment for Finnish troops in World War II, is today at the forefront of the world's most sophisticated sports watches. According to Polanco, the brand was this year's top engineering prize.

Suunto models will have like regular computers, but the difference is not there.

Incorporating the Global Positioning System (GPS) technology and capable of storing statistical data and looking up to a personal computer, a standard Suunto model is now beyond a regular sports watch. Thus the most sophisticated.

Portable guide

Two of the latest models are made for golfers, the C3 and the C2, each with a portable guide.



MODEL Roxa Zamora wearing C2 golf watch


 RESTORING your
crowning glory /C6

LIFE STYLE

Text Feedback requires the news@inquirer.com email address

Distributed, printed and published by Philippine Daily Inquirer Inc.

 LIMITED
EvO DIAL

(P1,700/month)

What you need to know about strength training

P1/C7

LAST week, I told you how to make changes in your program every four to six weeks to maximize results. The body responds best to variety in change, but the old rule has to be done systematically, not in a haphazard "order anywhere" way. Here are different ways to light load and get the most results.

 WELL AND
GOOD


Therese Anaya

Use a variety of equipment. That means, with free weights, dumbbells, machines, cables or body weight (example is a push-up) will feel slightly different from each other and bring a fresh challenge to about once, this. You could do one barbell and one machine exercise for four weeks. Then,

change to dumbbells and body weight exercises for the next four weeks and so on.

Be different exercises for the same muscle. There will be some type of exercise, but there will be a variety of exercises to choose from. For example, changing the width and angle of your grip on a bar pull down exercise is a different way to train for the same muscle group. Or, use different equipment.

Alternate between unilateral and bilateral exercises. Squat row and one arm one leg work with the bar in the side of the upper body. Use only one arm then do an alternate piece of equipment (cable and dumbbells, respectively). Use this also when the bar is different. Use pull with both arms simultaneously when doing the seated row (bilateral) while the one arm row is a unilateral exercise.

The back muscles (latissimus and lower back) are more challenged when you do unilateral exercises because they have to work harder on unbalancing your body.

Rest periods. Not many people read the length of their rest periods in between sets, but this is another way to add variety to their program. It is common to see a 30-second rest period, but it is not a rule. When I see "rest periods," I mean the average person who does 10-12 reps (repetitions) (moderately heavy) or 12-15 repetitions (lighter weights). People will rest more heavily weights, doing 8-10 repetitions, need to rest for two minutes or more.

Rest is an example of how to vary your rest period. For two weeks, rest one minute. The next four weeks, rest for 90 seconds. Then, use a one-week period of resting for only 20 seconds. Repeat the cycle again beginning with the one-minute rest.

Play around with the sets, reps and weight. Play around with the exercises you are doing. You could follow variety into your resistance program by playing around with the sets, repetitions and weight. Use the same program, I am not inclined to add sets because I like to make my programs to time-efficient as I can. But if you have the time, feel free to add or decrease your sets.

Personally, I would rather vary the reps.



your joints. Do not choose an exercise that size until your body is ready for it. Whenever possible, do not sacrifice safety for variety.

The Association of Fitness Professionals of the Phils. will hold a seminar for gym and fitness instructors on Aug. 7 at UP Diliman. Call 866-7610 or text 0917 528-1865.

Variety
in fitness
programs
will reduce
boredom
and get
better
results

tion and weight. The rule is the heavier the weights, the lower repetitions. The lighter the weights, the more repetitions. This is common sense because the heavier is object is, the faster, since you can lift it. You can lift heavy for two weeks, then lift lighter for the next two weeks. Or you could alternate "heavy" and "light" weeks. If you lift three times a week, alternate heavy and light days.

Mix up the equipment. "Compound" the exercises by mixing up the sequence of your exercises to get the results you want without changing the kind of exercise you are currently doing. If you are used to doing bicep curls, then before doing bicep curls, reverse the order. Try doing your legs, biceps, chest and so on in reverse order.

Another way to do what is called a "super set" or "circuit." This means combining two or three exercises and doing them one after the other without resting in between. Needless to say, you will have to reduce the amount of weight you work with. You can reverse two opposing muscles (for example, biceps and triceps) or spread the same muscle group with two different exercises.

Reverse your routines. There are so many ways to "mix up" a training routine, and the beginning of the routine is usually the most intense. Alter a whole, however, you may not see a lot of change as people your routine.

Keep records. Keep written records of your programs so you can keep track of the changes you make. This will also help you systematically vary your programs in the future.

Build a solid foundation of strength. If you have just started to lift weights, it is a mistake to vary your exercises right away. You need to build your foundation of strength first. This can take anywhere from four to 12 weeks. Learn the basic exercises well before jumping into all kinds of variations. It is usually increase the amount of weight you lift as that at the end of your introduction period you are much stronger than when you began. Don't worry about not seeing results. Beginners make quick progress because their bodies are reacting as "novices."

Before that, do not do too many exercises just because it is "different" if it will compromise

Restoring your crowning glory

Tied by Rosetta C. Burges
Photography: Nancy Johnson

EXPERTS say hair loss is not necessarily due to poor blood circulation, lack of nutrients or clogged hair follicles. In 95 percent of cases, it is due to the genetic susceptibility of hair follicles to a chemical called dihydrotestosterone (DHT). This condition is known as alopecia or male pattern hair loss (MPHL).

"We normally lose about 100 to 200 hair strands a day as part of hair's normal growth and renewal cycle. But DHT too causes the loss of hair and... produces thin and brittle hair strands. The hair follicles die and the hair is permanently lost," explains Dr. B. to Muller, head of St. Luke's Medical Center's Dermatology Center Hair Unit, during the recent launch of ProMinox's advanced program.

The program aims to return the public about male pattern hair loss and the hair-renewing biochemical reaction.

MPHL affects about 5 percent of men by age 20 and about 50 percent by age 40. Dr. Muller added that it's genetically inherited by heredity.

It may not affect the hair follicles directly on the scalp of the family. If a man is genetically programmed to lose his hair and does nothing about it, he has lost the chance of keeping his hair from the long term," she said.

Four loss, Dr. Muller said, might have other causes such as stress due to the illness or major surgery, confinement in the



Dr. B. to Muller



Dr. C. to Deming

chemotherapy, blood donors, antihypertensives and antibiotics and disease such as hyperthyroidism.

Reversible problem

Research indicates that by reducing the amount of DHT, hair loss can be prevented. In some men, hair may even be regrown.

"There are no cures for hair loss, but this program can be slowed down and its effects reversed to some extent," said Dr. C. to Deming, fellow of the Philippine Dermatological Society and consultant of the Asian Hospital and Medical Center and Medical Medical Center.

He added that essentially

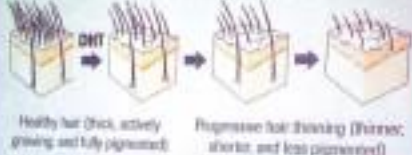
growth treatments exist now available to men with MPHL, even if growth is not progressive at the problem.

Properly, one of these medications and available by prescription, work by inhibiting the enzyme that produces DHT, preventing its destructive effect on the hair follicle, according to Dr. Deming.

The oral medication Finasteride, discovered more than a decade ago, was originally used for prostate problems. After two years, it was found that men taking it were regrowing their hair.

"It works very well for the crown but not the frontal area. You can take it with any drug,

Progressive Miniaturization of Hair Follicles in Androgenetic Alopecia



Healthy hair (thick, actively growing and fully pigmented)

Progressive hair thinning (thinner, shorter, and less pigmented)

with or without alcohol, as a hair or scalp stimulant. Take it every, any time of the day for at least a year," Dr. Deming said.

Muller was discovered more than a decade ago and initially used for high blood pressure and heart problems. A few years later, it was found that those using the drug started to grow hair, a typical side effect approved by the United States Food and Drug Administration was created for hair loss treatment, but it has to be used continuously.

"Once you stop, the hair that you've grown will fall off," Dr. C. to Deming explained. "One can also

try using hair transplants or going for hair transplants. The latter one costs, the better the results."

ProMinox's advanced program encourages affected men to see a doctor for a hair loss evaluation. "Male pattern hair loss has no real cure. One can only prevent it from getting worse. But don't accept the fact that you are becoming bald," Dr. Deming said.

Call ProMinox at 876-0000, for 8111172 or e-mail: info@prominox.com

E-mail the author at thegood@inspire.com.ph

While there is no cure for hair loss, its progress can be slowed down and its effects reversed to some extent

EXERCISE OF THE WEEK

Incline reverse curl



WORKS the abdominals with a slight emphasis on the lower portion.

- Setup:** Lie on your back on an inclined (30 to 45-degree) incline gym bench.
- 1. Lie down on an inclined (30 to 45-degree) incline gym bench.
- 2. Hold the bench behind your head with both hands.
- 3. Carefully bring your knees into your chest. Straighten your legs over your head with the soles of your feet facing upward.
- 4. Contract your abdominal muscles to pull your knees a few inches off the bench.
- 5. Hold for one to two counts.
- 6. Slowly lower your knees into the

bench.

- Technique:**
 1. This should be done in a "rolling" or "rolling" motion, instead of jerking your legs straight up.
 2. Your legs shouldn't be touching back and forth. Hold them steady as you roll from the pelvis.
 3. The natural range of motion is only a few inches. Do not try to lift the knees too high.
 4. If this induces your lower back, please discontinue the exercise.
 5. The abdominal muscles with most of the activity if the motion is done slowly and correctly.
 6. Repeat 10 to 15 repetitions per set. Do not do more than two sets.

All-women fitness event

CLARK Health Fitness Center will have a Female Fitness Weekend Aug. 7-8. The two-day event aims to encourage and educate women to engage in fitness and beauty regimens via live beauty and health consultations with prominent industry practitioners.

Activities will include a mini fitness buffet, fitness, yoga, and a cooking demo sponsored by Century 21.

Women who participate will receive and receive fitness, yoga, and a cooking demo sponsored by Century 21.

The Female Fitness Weekend will also offer live demonstrations by using the 16,000 pieces and administration fees. Women who sign up during the two-day event will pay the \$140 (member fee).

Clark Health Fitness Center is located at 1600 Clark Road in Clarksville, Md. The live beauty and health consultations are open, noon and evening hours. Bookings are on a first-come, first-served basis.

Membership privileges include



THE 162 fitness room in the second floor of Clark Health Fitness Center.

personalized fitness program, aerobic and boxing classes, nutritional counseling with over 50 Clark Health Center's throughout the world. The event will feature a live beauty and health consultation, unlimited use of facilities during opening hours, as well as live beauty services.

There are 160 fitness centers in

clude the Clark Health Fitness Center, the "Bella Breeze" of exercise equipment, according to Richard Smith, Clark Health Fitness Center.

Clark Health Fitness Center Greenville is located at 1300 Wilson St., Greenville, S.C. Tel: 734-1111 and 734-1112.



INDUCTION Officers of the 30 Association of Health, were recently inducted into the office by Eastern Undersecretary David P. from the 30 Association of Health, Education, and Culture. The induction ceremony was held at the Clark Health Fitness Center. The induction ceremony was held at the Clark Health Fitness Center. The induction ceremony was held at the Clark Health Fitness Center.